

<div data-bbox="210 192 422 267"> </div> <div data-bbox="226 314 510 451"> <h2>Advanced Upper Arm Blood Pressure Monitor</h2> <h3>Model 1137</h3> <h3>Instruction Manual</h3> </div> <div data-bbox="210 474 527 670"> </div> <div data-bbox="210 685 527 756"> <p>Read these instructions before using your Blood Pressure Monitor. Save these instructions for future reference.</p> </div> <div data-bbox="403 771 546 795"> 1137-INS-LAB-RevA09 </div>	<div data-bbox="634 192 810 210"> SAFETY PRECAUTIONS </div> <ul style="list-style-type: none"> Babies, young children or individuals who cannot express their consent are not suitable for blood pressure measurement. Individuals with serious arteriosclerosis are not suitable for blood pressure measurement. Blood pressure readings may fluctuate during pregnancy. Pregnant women should consult their doctor before taking measurement. If there are unusual values, please consult your doctor before taking medical action. Handling batteries properly: <ul style="list-style-type: none"> As soon as batteries wear out, replace them with new batteries. Do not use old and new batteries together. Align the polarities of batteries correctly. When the unit will not be used for more than 3 months, remove the batteries. Otherwise, batteries may leak and cause damage to the unit. Handling the AC adapter: <ul style="list-style-type: none"> Never unplug the power cord with wet hands. Use only the original AC adapter designed for this unit. 	<div data-bbox="987 192 1163 210"> QUICK-START GUIDE </div> <p>Avoid smoking, eating or exercising for 30 minutes before taking a measurement. Do not move or talk during measurement. Measurement may be taken on either arm; however, if possible, always take measurements on the left arm.</p> <ol style="list-style-type: none"> Sit upright in a chair with your feet on the floor. Remove thick or tight-fitting clothing from the upper arm. Pull on the end of the cuff until it wraps securely around your upper arm. Place your arm on a table so that the cuff will be at the same level as your heart. Press the "ON/OFF" button to turn on the unit. Then press the "START" button. The cuff will automatically inflate and the measurement will start. When the measurement is complete, the cuff will automatically deflate and your systolic and diastolic pressure values and pulse rate will display. <div data-bbox="1058 451 1234 611"> </div>	<div data-bbox="1341 192 1518 210"> OVERVIEW </div> <div data-bbox="1253 216 1341 240"> Monitor </div> <div data-bbox="1270 240 1589 486"> </div> <div data-bbox="1253 498 1341 525"> Features </div> <ul style="list-style-type: none"> Irregular Heartbeat Detector Blood Pressure Mode and Clock Mode 4 User / 396 Total Memory 4 Alarm Clock Settings 5 Mode Averaging Function – Hour, Day, Week, Month, and Overall WHO (World Health Organization) Blood Pressure Indicator with 6-color LED Auto-off Power Saving Feature Operated by 4 AA batteries or AC Adapter (included) 	<div data-bbox="1694 192 1871 222"> Display </div> <div data-bbox="1623 240 1942 439"> </div> <div data-bbox="1606 474 1782 504"> Package Contents </div> <div data-bbox="1606 510 1942 744"> </div>
<div data-bbox="315 795 422 825"> PREPARATION </div> <div data-bbox="210 831 369 857"> 2.1 Battery Installation </div> <ol style="list-style-type: none"> The battery cover is located on the bottom of the unit. To open the battery cover, push it inward and lift up. Insert 4 AA batteries with the polarities as indicated. Replace the battery cover. Press it lightly until the lock securely clicks into place. <div data-bbox="386 881 546 1003"> </div> <div data-bbox="210 1009 369 1035"> 2.2 Connect AC Adaptor </div> <div data-bbox="262 1041 457 1175"> </div> <p>Plug the AC 6V adaptor into the AC adaptor jack located at the side of the device, next to the blood pressure cuff port.</p> <p>Note: Remove the batteries when using the AC adaptor.</p>	<div data-bbox="546 807 758 836"> 2.3 Setting the Date and Time </div> <p>Note:</p> <ul style="list-style-type: none"> Set the correct date and time before taking a measurement. Reset date and time after replacing batteries. <ol style="list-style-type: none"> Press and hold the "AVG" button for a few seconds until the Year display flashes. Press the "MEMO" or "PAGE" button to select the current year. Press the "AVG" button to confirm Year Setting. Follow the same steps to set the Month, Date, Hour and Minute. <div data-bbox="581 1053 863 1151"> </div> <p>5. "ON" and "OFF" will then flash. This is to have the clock display when the unit is not in use; you can choose Clock Function "ON" or "OFF". Press "MEMO" or "PAGE" button to select. Press the "AVG" button to confirm.</p> <p>Note: If you select Clock Function "ON", you will continue at the Alarm Setting section. Otherwise, setting will end.</p>	<div data-bbox="898 807 1075 836"> 2.4 Setting the Alarm </div> <p>Note:</p> <ul style="list-style-type: none"> You will not be able to set the alarm if Clock Function is set to "OFF". You can set a maximum of 4 alarms. <div data-bbox="934 917 1218 1018"> </div> <ol style="list-style-type: none"> To disable Alarm, Press the "MEMO" or "PAGE" button to select "OFF" and press the "AVG" button to confirm. To set 1st Alarm, Press the "MEMO" or "PAGE" button to select "ON". Press the "AVG" button to confirm. When Hour digit flashes, press the "MEMO" or "PAGE" button to select Hour. Press the "AVG" button to confirm. When Minute digit flashes, press the "MEMO" or "PAGE" button to select Minute. Press the "AVG" button to confirm. Follow the same steps to set the 2nd, 3rd, and 4th Alarms. <p>Note:</p> <ul style="list-style-type: none"> Press the "O" button anytime during clock setting/ alarm setting to start over if an error occurs. Each alarm lasts 45 seconds, or you can turn it off by pressing the "O" button. 	<div data-bbox="1341 795 1518 825"> TAKING A MEASUREMENT </div> <p>Note:</p> <ul style="list-style-type: none"> Avoid smoking, eating or exercising for 30 minutes before taking a measurement. Do not move or talk during measurement. Measurement may be taken on either arm; however, if possible, always take measurements on the left arm. <div data-bbox="1253 943 1394 967"> 3.1 Sitting Correctly </div> <ol style="list-style-type: none"> Relax. Sit upright in a chair with your feet on the floor. Remove thick or tight-fitting clothing from the upper arm. Do not roll up your sleeve if it is too tight. Place your arm on a table so that the cuff will be at the same level as your heart. <div data-bbox="1465 1003 1606 1115"> </div> <div data-bbox="1253 1121 1430 1145"> 3.2 Applying the Arm Cuff </div> <ol style="list-style-type: none"> Place your elbow on a table with the palm facing upward. Wrap the arm cuff around the upper left arm. Pull on the end of the cuff until it wraps securely around your upper arm. Do not over tighten the cuff. Allow 1-2 cm or 1/2 inch between the bottom of the cuff and your elbow joint. Make sure the cuff is at the same level as your heart. <div data-bbox="1306 1261 1589 1386"> </div>	<div data-bbox="1606 807 1782 836"> 3.3 User Setting </div> <p>This unit allows a maximum of 4 users to store measurement records in different User Pages.</p> <p>Press "PAGE" button to switch between User Page 1, 2, 3 and 4.</p> <div data-bbox="1606 943 1818 967"> 3.4 Taking a Measurement </div> <ol style="list-style-type: none"> Press the "O" button to turn on the unit. Then press the "START" button. The cuff will automatically inflate and the measurement will start. When the measurement is complete, the cuff will automatically deflate, and your systolic and diastolic pressure values and pulse rate will display. Remove the arm cuff and take note of your measurement results. <p>Note: You can press the "O" button to stop measurement at any time.</p> <div data-bbox="1606 1184 1782 1213"> 3.5 Heartbeat Readings </div> <div data-bbox="1623 1213 1730 1335"> </div> <p>Besides Systolic and Diastolic values, Pulse will also be displayed after a measurement</p>

<p>Irregular Heartbeat</p> <p>This unit has a unique feature that alerts user of irregular heartbeat detection during measurement.</p> <p>Note: An irregular heartbeat is defined as a heartbeat rhythm that has a variation of more than 25% from the average rhythm detected during measurement.</p> <p>If an irregular rhythm occurs twice or more during the same measurement, the display screen will show the pulse value and "IH" symbol alternately. Example: (90 / IH)</p> <p>Note: Please consult your doctor if irregular heartbeat occurs often.</p> <p>Regular but Below Normal Heartbeat</p> <p>If the monitor detects a pulse rate below 60 beats per minute during measurement, the monitor will display the pulse value and "LO" symbol alternately. Example: (58 / LO)</p>	<p>Regular but Above Normal Heartbeat</p> <p>If the monitor detects a pulse rate above 100 beats per minute during measurement, the monitor will display the pulse value and "HI" symbol alternately. Example: (102 / HI)</p>	<p>3.6 WHO Light Indicator</p> <p>This unit features a 6-color LED light indicator to display blood pressure level in accordance with the WHO (World Health Organization) classification.</p> <p>WHO Classification Color Optimal ----- Blue Normal ----- Sky Blue High-normal ----- Green Mild hypertension ----- Purple Moderate hypertension ----- Yellow Severe hypertension ----- Red</p> <p>Example: If your measurement reading is 122/75, the LED light will display the color in blue.</p>	<p>MEMORY FUNCTIONS</p> <p>After measurement, the last set of measured values will be saved automatically after measurement when the unit is turned off by pressing "0" button or by automatic power-off after 3 minutes.</p> <p>4.1 View Past Readings</p> <ol style="list-style-type: none"> Press the "MEMO" button to enter memory function. If the User Page is not what you want to view, press the "PAGE" button to select. Press the "MEMO" button to display the next sets of values for the user selected. Past readings are displayed from the most recent to the oldest. This blood pressure monitor can store up to 99 sets of past readings for each user (4 x 99). <p>4.2 View Average Readings</p> <ol style="list-style-type: none"> Press the "AVG" button to enter Average function. If the User Page is not what you want to view, press the "PAGE" button to select. Press the "AVG" button to view different Average Values. 5 different Average Values are available: 	<table border="1"> <thead> <tr> <th>Symbol on Display</th> <th>Average Values of</th> </tr> </thead> <tbody> <tr> <td>1 h</td> <td>One Hour</td> </tr> <tr> <td>1 d</td> <td>One Day</td> </tr> <tr> <td>7 d</td> <td>One Week</td> </tr> <tr> <td>30 d</td> <td>One Month</td> </tr> <tr> <td>ALL</td> <td>All Readings</td> </tr> </tbody> </table> <p>4.3 Delete Past Readings</p> <p>User can delete all the past readings stored in each User Page.</p> <ol style="list-style-type: none"> Press the "PAGE" button to select the User Page you want to delete. Press and hold the "MEMO" & "PAGE" button simultaneously for 5 seconds. Symbol of "ALL EE" will be displayed and all past readings stored in that User Page will be deleted. 	Symbol on Display	Average Values of	1 h	One Hour	1 d	One Day	7 d	One Week	30 d	One Month	ALL	All Readings																																		
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Refer to the Warranty section of this manual for more information. DO NOT disassemble the unit.</p>	Symptom	Possible Cause	Solution	No display when you press the Power/Start button	Batteries are worn out Battery polarities are incorrect	Replace with new batteries Re-align batteries in correct polarities	"Err P" displays	Failure to inflate	Ensure the cuff is properly connected; replace the air tube if it is broken	"Err 1" displays	Deflating too rapidly	Return for service	"Err 2" displays	Movement during measurement Signal interference	Do not move during measurement Remove interfering source, e.g. mobile phones, magnets	"Err 3" displays	Incorrect results	Measure again	<p>STORAGE & MAINTENANCE</p> <ul style="list-style-type: none"> Keep the unit away from direct sunlight, extreme temperatures, humidity or moisture. Use a dry or slightly water-dampened cloth to clean the unit. Do not use alcohol, benzene, thinner or other volatile liquids to clean the unit. Do not wash the arm cuff or expose it to liquid. Remove the batteries from the unit when it will not be used for more than 3 months. 	<p>SPECIFICATIONS</p> <table border="1"> <tbody> <tr> <td>Model No.</td> <td>1137</td> </tr> <tr> <td>Measurement Method</td> <td>Oscillometric</td> </tr> <tr> <td>Measurement Range</td> <td>Pressure: 20 – 280 mmHg Pulse Rate: 40 – 195 beats/min</td> </tr> <tr> <td>Accuracy</td> <td>Pressure: +/- 3 mmHg Pulse Rate: +/- 5%</td> </tr> <tr> <td>Inflation</td> <td>Pump driven</td> </tr> <tr> <td>Pressure Detection</td> <td>Semi-conductor</td> </tr> <tr> <td>Power Supply</td> <td>4 x AA batteries or AC/DC adaptor</td> </tr> <tr> <td>Auto Power Off</td> <td>3 minutes after last operation</td> </tr> <tr> <td>Storage Environment</td> <td>-4°F to 140°F, 10% to 95% RH</td> </tr> <tr> <td>Operation Environment</td> <td>50°F to 104°F, 30% to 85% RH</td> </tr> <tr> <td>External Dimensions</td> <td>7.7" (L) x 5.0" (W) x 2.4" (H) or 19.5 (L) x 12.6 (W) x 6.2 (H) cm</td> </tr> <tr> <td>Net Weight</td> <td>380g (batteries excluded)</td> </tr> <tr> <td>Cuff Dimensions</td> <td>Standard Cuff accommodates 22-34 cm arm circumference; Large Adult Cuff accommodates up to 42 cm arm circumference</td> </tr> <tr> <td>Package Contents</td> <td>Standard Cuff, Large Adult Cuff, Instruction Manual, 4 AA alkaline batteries, AC Adapter</td> </tr> </tbody> </table> <p>Note: Specifications are subject to modification without prior notice.</p>	Model No.	1137	Measurement Method	Oscillometric	Measurement Range	Pressure: 20 – 280 mmHg Pulse Rate: 40 – 195 beats/min	Accuracy	Pressure: +/- 3 mmHg Pulse Rate: +/- 5%	Inflation	Pump driven	Pressure Detection	Semi-conductor	Power Supply	4 x AA batteries or AC/DC adaptor	Auto Power Off	3 minutes after last operation	Storage Environment	-4°F to 140°F, 10% to 95% RH	Operation Environment	50°F to 104°F, 30% to 85% RH	External Dimensions	7.7" (L) x 5.0" (W) x 2.4" (H) or 19.5 (L) x 12.6 (W) x 6.2 (H) cm	Net Weight	380g (batteries excluded)	Cuff Dimensions	Standard Cuff accommodates 22-34 cm arm circumference; Large Adult Cuff accommodates up to 42 cm arm circumference	Package Contents	Standard Cuff, Large Adult Cuff, Instruction Manual, 4 AA alkaline batteries, AC Adapter	<p>LIFETIME LIMITED WARRANTY</p> <p>GF Health Products, Inc. offers a lifetime limited warranty on defects in material and workmanship for this product, except as noted below:</p> <p>This product warranty does not cover damage caused by misuse or abuse, the attachment of any unauthorized accessory, alteration to the product, or any other conditions whatsoever that are beyond the control of GF Health Products, Inc. GF Health Products, Inc. shall not be responsible for any type of incidental, consequential, or special damage.</p> <p>To obtain warranty service on your Lumiscope Model 1137 Advanced Upper Arm Blood Pressure Monitor, please contact the Lumiscope Repair Department at 1-800-672-8293. There is a \$15 fee for return shipping and handling. Please make checks payable to GF Health Products, Inc.</p> <p>Upon receipt, we will repair or replace, as appropriate, the Advanced Upper Arm Blood Pressure Monitor and return it to you. This warranty does not include any labor charges incurred in replacement part(s) installation or any associated freight or shipping charges to GF Health Products, Inc.</p> <p>Warranty is solely through the Repair Department. Service of this product by anyone other than the Repair Department voids warranty.</p>	<p>GF Health Products, Inc. 2935 Northeast Parkway Atlanta, Georgia 30360 telephone: 800-347-5678, 770-447-1609 fax: 800-726-0601, 678-291-3232</p> <p>GRAHAM-FIELD www.grahamfield.com</p> <p>© December 2009 GF Health Products, Inc. Made In China</p>
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